

## Choong-Moo Hyung

### 30 Movements

Name given to Admiral Yi-Sun Sin of the Yi dynasty (1592). He was reputed to have invented the first armored battleship (kobukson/turtle ship) which was the precursor to the modern day submarine. The pattern ends with a *left* hand attack to symbolize his regrettable death in 1598 before reaching his potential.

---

#### Parallel Ready Stance

1. L-stance twin knife-hand block (Niun Sogi Sang Songkal Makgi)
2. walking stance knife-hand high inward strike (GS Songkal nopunde anuro taerigi)
3. L-stance knife-hand guarding block (Niun Sogi Songkal daebi makgi)
4. walking stance flat fingertip high thrust (GS Opun Sonkut Nopunde Tulgi)
5. L-stance knife-hand guarding block (Niun Sogi Songkal daebi makgi)
6. Bending stance (Guburyo Sogi)
7. side piercing kick (Yop Chagi)
8. L-stance knife-hand guarding block (Niun Sogi Songkal daebi makgi)
9. flying side kick, L-stance knife-hand guarding block (Twimyo yop chagi, NS Songkal Daebi Makgi)
10. L-stance outer forearm low block (Niun Sogi Bakkat Palmok Najunde Makgi)
11. walking stance head grab (Gunnan Sogi Mori Chapki)
12. knee kick (Moorup Chagi)
13. WS reverse knife-hand high inward strike (GS songkal dung nopunde anuro taerigi)
14. high round house kick (Nopunde Dollyo Chagi)
15. middle section back kick (kaunde dwi chagi)
16. L-stance forearm guarding block (Niun Sogi Palmok daebi makgi)
17. roundhouse kick (dollyo chagi)
18. fixed stance U-shape block (Gojung Sogi Mongdunggi Makgi)
19. Jump up w/360 turn, L-stance knife-hand guarding block (Twigi, Niun Sogi songkal daebi makgi)
20. walking stance upset fingertip thrust (GS dwijibun tulgi)
21. LS backfist high strike, forearm low block (NS dung joomuk nopunde taerigi, palmok najunde makgi)
22. walking stance straight fingertip thrust (GS San SonkutTulgi)
23. walking stance double forearm high block (GS doo palmok nopunde makgi)
24. SS outer forearm inward front block, backfist high side strike (AS bakkat palmok anuro Ap makgi, dung joomuk nopunde yop taerigi)
25. side kick (Yop Chagi)
26. side kick (Yop Chagi)
27. L-stance X-knifehand Middle Side block (Niun Sogi Kyocha Songkal Kaunde Yop Makgi)
28. walking stance twin palm upward block (GS Sang Sonbadak Ollyo Makgi)
29. walking stance outer forearm rising block (GS bakkat Palmok Chookyo Makgi)
30. (walking stance) middle section reverse punch ((GS) kaunde bandae Jirugi)

Bring left foot through a to a parallel ready stance.

WS=walking stance, GS=Gunnan Sogi, LS=L-Stance, NS=Niun Sogi, SS=sitting stance, AS=Annun Sogi